The Thin Veil of the Flesh

When steady intent and the real align
the light that is sought and the seeker combine

For truth is not known by the mind in its sway
but shines of itself when the mind slips away

Wisdom is not found by the grasp of the mind
but shines of itself when the mind falls behind

So attend to the breath as it rises and falls
the chant that moves through the innermost halls

When prāṇa and apāna in stillness unite
the pathway grows clear in the calm of their flight

For thought cannot fathom what breath will reveal
as breath shows true nature no concept can seal

Wisdom cannot be found in the pages of books
nor caught by the grasp of the scholar who looks

For true knowledge is hollow when bound to the mind
only breath shows the seeing that no thought can find

When the mind grows silent in luminous stay
paññā shines of itself as the veil slips away…

Verse written for Bhikkhu Bhante Dhammarakkhita (*The English Buddhist Monk*),
Śrī Maccidānanda Nātha, 20th November 2025.